

**HEART HEALTHY**

# Mushroom Quesadillas

**Ingredients**

- Vegetable oil spray
- 8 ounces sliced fresh mushrooms
- 1/2 medium onion, thinly sliced & separated into rings
- 1 teaspoon bottled minced garlic
- 3 tablespoons chopped fresh cilantro
- 3 -8-inch whole-wheat flour tortillas
- 6 tablespoons shredded low-fat Monterey Jack cheese with jalapeño peppers or low-fat Cheddar cheese

**Cooking Instructions**

- Preheat oven to 350
- Cook mushrooms, onion, & garlic in skillet over med. heat about 5-7 minutes. Stir in cilantro & remove from heat.
- Arrange 1/3 of mushroom mixture on half of one tortilla. Sprinkle with 2 tablespoons of cheese. Fold other half of tortilla over cheese & repeat with ingredients to make 3 total.
- Bake quesadillas about 5 minutes or until filling is hot & cheese melts. Cut each quesadilla into 4 wedges. Serve warm.
- American Heart Association Quick & Easy Cookbook

# Heart Disease is the leading cause of death in both men & women in the United States.

— Center for Disease Control & Prevention

Although you can't change some risk factors – such as family history or age – there are some key heart disease prevention steps you can take today...



## Don't smoke or use tobacco products!

This is one of the most significant risk factors for developing heart disease. Tobacco smoke contains more than 4,800 chemicals, many of which can damage your heart and blood vessels. This makes them more vulnerable to narrowing of the arteries which can ultimately lead to a heart attack. The good news is that when you quit smoking, your risk of heart disease drops dramatically within just one year.

## Eat a heart-healthy diet!

Following a special eating plan called the Dietary Approaches to Stop Hypertension (DASH) can help protect your heart. It consists of eating foods low in fat, cholesterol and salt. The diet is rich in fruits, vegetables, whole grains and low-fat dairy products that can help protect your heart. Limiting certain fats such as saturated, polyunsaturated, monounsaturated and trans fat is also important. These increase your risk by raising blood cholesterol levels.

## Maintain a healthy weight!

Excess weight put on in adulthood can lead to conditions that increase your chances of heart disease – high blood pressure, high cholesterol & diabetes. One way to see if your weight is healthy is to calculate your body mass index (BMI), which considers your height and weight in determining whether you have a healthy or unhealthy percentage of body fat. BMI's of 25 or higher are associated with an increased risk of heart disease. Even small reductions in weight can be beneficial!

## Get regular health screenings!

High blood pressure & high cholesterol can damage your heart & blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screenings can tell you what your numbers are & whether you need to take action.

•**Blood Pressure** – Regular BP screenings start in childhood. Adults should have their blood pressure check at least every two years. Optimal blood pressure is less than 120/80mmHg

•**Cholesterol Levels** – Adults should have their cholesterol measured at least once every five years. Some children may need their blood cholesterol tested if they have a strong family history of heart disease. —Mayo Foundation for Medical Education & Research

